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NEEDHAM ELDERLY, INC.

Senior Compass

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NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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HOLIDAY HAPPENINGS AT THE NEEDHAM SENIOR CENTER

WEIGHT WATCHERS 12 WEEKS

Wednesdays • 12:00 - 1:00 pm
Registration January 7, 2009
Class begins January 14 – April 8, 2009
Cost for the 12 weeks is \$144.00
At the Needham Senior Center

January is here and for many of us the New Year brings new resolutions. If weight loss is high on your list this year, let Weight Watchers help you to lose weight and feel great. We will offer support to one another with good humor as we struggle to win the Battle of the Bulge! We will have a private weigh-in each week and the group coach will keep us motivated by suggesting various food options and providing helpful tips on the value of exercise. To sign-up or to obtain further information call Sherry at the Needham Senior Center, 781-455-7555.

PLAY READING GROUP NOW FORMING

Would you like to join us for a fun afternoon of play reading? No experience is necessary, simply a love for reading plays and a desire to have great fun. Once we have enough members we will begin to hold the group on Wednesdays at 1:00 pm. If you are interested in this group or would like further information please contact Sherry Jackson at the Needham Senior Center, 781-455-7555.

LUNCH AND LEARN, THERE IS A BRIDGE

Tuesday, January 20, 2009
12:00 pm
Sign-up required.

There is no cost for this program.

Presenter, Judith Chaloux, will share with you the wonderful gifts of this documentary. Judith will discuss some of the common issues that arise for those who are touched by someone with Alzheimer's disease. *There Is a Bridge* includes interviews with preeminent thinkers and poignant footage of family members, care partners, and schoolchildren building emotionally rich relationships with people with dementia, revealing depths of memory and personal identity not erased by Alzheimer's. You too can find a bridge! Lunch to follow the event. Judith Chaloux is the bereavement coordinator at Deacon Hospital.

A BOOK READING PRESENTATION

Tuesday, January 27th • 12:30 pm
At the Needham Senior Center

There is no cost for this program.

The Creative Writing group has been meeting for the past 3 years. Please join us as members of the group read aloud to the audience, excerpts from their first book. The book is called, "Our Stories" and is now available for sale at a reduced rate of \$5.00. You may purchase a book at any time or on the day of the book reading. Please join us on the 27th as we hear the authors read their works.





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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

GOOD NEWS!

Carol Ditmore is now a member of the FONE board. Carol has been an active volunteer throughout the town and we are privileged to have her join us! We also welcome Roma Jean Brown as the representative from the Council on Aging Board. Roma has been a part of the COA for many years and we welcome her experience and wisdom.

DEAR FRIENDS,

The present economy requires that many of us tighten our belts a little in 2009, and FONE is no exception. We want to reduce our expenses as much as possible. At present, we are sending the Senior Compass to over 4,000 households, and we know that most of you enjoy it. However, there may be some that do not want the Compass right now, receive duplicates, or would like to have it delivered by e-mail.

We are asking each household to notify us if you wish to continue receiving the Senior Compass each month and how you would like your copy delivered.

TO CONTINUE TO RECEIVE THE SENIOR COMPASS, YOU MUST RESPOND.

You may:

- 1. E-mail us at needhamfone@comcast.net.**
- 2. Send in the card that is available below.**
- 3. Call the Senior Center at 781-455-7555.**
- 4. Fill out a card available at the Senior Center reception desk.**

We apologize for this inconvenience. However, with your help, we can continue to finance the Senior Compass.

Thank you, in advance, for your cooperation.

*Jan, Pat, Eileen, Sylvia, Ann, Isabel, Mike,
Jay, Carol, Roma*

YES, I WANT TO CONTINUE TO RECEIVE THE SENIOR COMPASS.

Name: _____

Send by e-mail. My e-mail address is: _____

Mail through the postal service.

My address is: _____

Please drop this form off at the Senior Center; mail to the Senior Center at 83 Pickering Street, send a reply to needhamfone@comcast.net, or call the Senior Center at 781-455-7555.

THANK YOU FOR YOUR HELP!!

FREE LEGAL ASSISTANCE
BOSTON COLLEGE ELDER LAW PROJECT
Friday, January 30, 2009

A law student, for the Elder Law Project of Boston College Legal will take confidential individual appointments at the Needham Senior Center. To make an appointment, call 781-455-7555.

DEAR FRIENDS,

Today I had the opportunity to attend a meeting with colleagues from Councils on Aging throughout the state, the Massachusetts Council on Aging, the Executive Office of Elder Affairs and the Office of Elder Health. The agenda was packed and included discussion on some interesting and forward thinking initiatives that are being discussed as we look to immediate and long range goals of the aging service network. There were some themes that bear mentioning. First, Councils on Aging are the only public social service agency for adults in nearly all cities and towns in the commonwealth. What this means is that we are often the agency that people come to when they have need for support and information and in many instances we act as silent partners to public safety. Second, it is important to note that of all direct services recorded by Councils on Aging in FY 2007 15.5% were provided to persons under the age of 60 who might contact us on behalf of a neighbor, parent, loved one out of state or have questions and concerns themselves and don't know where else to go. Therefore, we should remember that Council on Aging Departments promote wellness on many levels and act as a focal point for health for people of all ages. We look forward to continuing our service to all of you in the year to come.

Jamie

IT'S FRIDAY ENTERTAINMENT LIVE WITH BILLY BRUSO

Friday, January 23rd • 1:30 - 2:30 pm

At the Needham Senior Center

Sign-up is required.

Guitar, Harmonica and Vocals... Billy Bruso's performance will provide a terrific afternoon of country and western music. He always welcomes requests, saying, "I know thousands of songs by memory". Please join us for a fun afternoon which will include dessert and refreshments! Please call 781-455-7555 to sign up.

FRIENDS DONATIONS

GENERAL

- Jean Andrews
- Bernard Brooks
- Joseph Carey
- Edward and Carol deLemos
- Jean E. Ganely
- Jin-Lan Hsia

- Albert & Elizabeth Mills
- Eunice Collatz in memory of Franklin Farrar

- Mrs. Thomas Weller

IN HONOR OF

- David and Joyce Ford in honor of Eileen Ford's Birthday

- Kathryn McCabe in memory of Bernard McCabe

- Penny and Paul Gordon in memory of Jack Falla and Frank Farrar

MEMORIALS

- Sybil Bower in memory of Robert J. Moore

NEEDHAM COUNCIL ON AGING AND SENIOR CENTER DONATIONS

- In Memory of Elivira Castano Pamerio
- In Memory of Betty Nowell

MONDAY'S LUNCH BUNCH

Due to the increased interest in our LUNCH BUNCH program, please be sure to SIGN UP by calling 781-455-7555.

**Monday, January 5
Rice Barn**

**Monday, January 12
Wild Willy's**

**Monday, January, 19
CLOSED**

**Monday, January 26
Village Fish**

Meet at the Senior Center at 11:30am. The suggested donation of \$5.00 to cover expenses will be changed to \$1.00 when we stay within the Town of Needham. You will pay the cost of your meal at the restaurant. To sign up call 781-455-7555. Enjoy !!

MOVIES AT 1:00 PM

at the Needham Senior Center

**Monday, January 5th
The Wayward Daughter**

**Monday, January 12th
Peyton Place (1957)**

**Friday, January 2nd
Charade (1963)**

**Friday, January 9th
Falling in Love (1984)**

**Friday, January 16th
Princess Ida (1980)**

**Friday, January 30th
Mamma Mia (2008)**

VOLUNTEERS SOUGHT

- Meal site Volunteer: Weekday(s) 10:00am – 12:30pm
- B.A.G.S. Shopper Assistant
- Friendly Visitor
- Teach computers
- Lead a foreign language discussion group

For information please contact Penny Gordon at 781-455-7555 x 204.

BALLROOM DANCING LESSONS – THE WALTZ, A 4-WEEK CLASS

**Tuesdays, 2:00-3:00 pm
January 6, 13, 20, 27, 2009
Sign-up required.**

The Council on Aging would like to thank the Needham YMCA for letting us use this space in order to hold this wonderful program. A new four-week ballroom dancing class will be held on Tuesdays between 2:00-3:00 pm at the YMCA, 380 Chestnut St. The cost is \$16 for all four sessions. Please wear shoes that allow movement on a wood floor – best if not rubber soles. If you are a new student, to sign-up call Sherry Jackson at the Needham Senior Center, 781-455-7555.

BASIC-LEVEL SPANISH

**Tuesdays, 9:00-10:00 am
Begins on January 13th
At the Needham Senior Center
Sign-up suggested.**

This class is for individuals who have little or no previous experience with the Spanish language. The class is instructional and conversational. This class guarantees to give you the tools to learn Spanish and also proves to be great fun for all. Our thanks to Rosa for taking time out of her busy schedule to volunteer/teach at the COA. There is no fee for this class. For more information, please call Sherry Jackson, 781-455-7555.

SONGSTERS UPDATE

The initial meeting for the Songsters will take place on Wednesday, February 11, 2009 at 10:30 am in the Yellow Room.

ART HISTORY FEATURING ALEXANDER CALDER

Wednesday, February 4th • 10:30 am

Location: Offsite at Avery Crossings, 110 West Street

A suggested cost of \$4.00 paid at the door

We would like to thank Avery Crossings for hosting this program. Jane Blair, an art educator and founder of Art Matters, will present the program. Alexander Calder was born in Pennsylvania, and he was the third generation of successful sculptors. From the time he was a small boy, he was always making “stuff”; toys, utensils, and objects out of bits of string, wire, buttons, cloth, wood and tin. He always had a sense of whimsy about his objects and invented the “Mobile”; a way to compose colorful shapes, and fine lines moving in a constantly changing arrangement. He is also known for creating and performing his own circus. Join us for a whimsical look into the world of Calder.

TAI CHI MODIFIED AN 8-WEEK CLASS

Mondays • 9-10 am • January 5 – March 9, 2009

At the Needham Senior Center

Sign-up is required and is on the first day of class

Participants can either stand or sit on a chair while doing the Tai Chi exercises. Tai Chi is a slow-motion, moving, meditative exercise for relaxation, and health. No experience is necessary. Wear loose, comfortable clothing. Fee for the eight-week course is \$32. To sign up call 781-455-7555.

SENIOR STRENGTH EXERCISE CLASS – EACH SESSIONS IS 8 WEEKS

Session I is on Mondays, 10:15 - 11:15 am

January 12 – March 23, 2009

Session II is on Fridays, 9:00 – 10:00 am

January 9 - March 6, 2009

At the Needham Senior Center

Sign-up is required and is on the first day of class

These classes are designed to accommodate mature individuals of various fitness levels and abilities and can be adapted to meet the particular needs of any of the participants. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension. Pearl, the leader of this class, is on staff at Newton-Wellesley Hospital's Wellness Center. Since 2003 she has specialized in fitness for older adults. The cost for one eight week session is \$32.00 and for both sessions the cost is \$64.00. To sign-up call 781-455-7555.

WINTER HAS ARRIVED!!

Guidelines to Consider

Tune in to your radio or T.V. If the Needham schools are closed, the Senior Center is also closed. If the schools have a two-hour delay, the Senior Center follows and will open at 10:30 a.m. If you have any doubt that the Senior Center is open, simply call us at (781) 455-7555. You will either talk to a staff person or hear a message giving you the pertinent information.

HELP THE FRIENDS SAVE \$\$\$ ON PAPER AND POSTAGE!!

Sign-up today to receive your Compass by email. Please contact Sherry Jackson at 781-455-7555 or sjackson@town.needham.ma.us.

THE ARTHRITIS FOUNDATION EXERCISE PROGRAM WITH LISA CADIGAN

Session I

Tuesday, 2:00 – 3:00 pm
January 27 – March 24, 2009

At the Needham Senior Center

Cost for 8 weeks is \$32.00

Session II

Thursday, 2:00 – 3:00 pm
January 29 - March 19, 2009

At the YMCA, 380 Chestnut Street

Cost for 8 weeks is \$32.00

Sign-up for either class is on the first day of class

The Council on Aging would like to thank the Needham YMCA for making space available to us. The Needham COA in collaboration with the Arthritis Foundation is pleased to offer this important exercise class. This class is designed specifically for persons with rheumatic disease, taking into consideration the pain, fatigue, and decreased strength which often accompanies arthritis. The program content includes: Range-of-motion exercises (includes Flexibility, Strengthening exercises, Endurance activities, Weight-bearing activities, Balance and coordination activities, Posture and body mechanics training, Body awareness activities, Breathing exercises, Relaxation exercises, Health education, Practical tips, and Activities to promote self-care). The general guidelines can be found on the Arthritis Foundation website – www.arthritisfoundation.org. The cost for one 8 week session is \$32 and for both sessions the cost is \$64. To sign up call 781-455-7555.

IS THERE A SHUTTLE IN OUR FUTURE? TAKE THE GREEN NEEDHAM TRANSPORTATION SURVEY AND HELP US FIND OUT.

One way to make Needham a “greener” place is to reduce the number of cars on the road. That’s why the Green Needham Transportation Study Group recently put together a questionnaire to explore the possibility of a shuttle bus in town. The service would transport residents to popular Needham destinations, including the commuter rail, shopping and medical areas, and after school programs. By early spring, the group hopes to have gathered enough data to apply for the Suburban Mobility Grant, which would provide up to \$250,000 over three years to help fund a shuttle bus. Your opinion is important to this process. Questionnaire forms can be obtained and dropped off at the Needham Senior Center. For more information or to complete the form online, go to www.greenneedham.org. Look for the news article, “Is There a Shuttle in Our Future?” and click on “Take the Transportation Survey.” As thanks for completing the questionnaire, your name will be entered in a raffle to win a \$50 gift certificate to Roche Bros. Deadline to submit questionnaire: January 15, 2009.

LECTURE: THE DTV CONVERTER BOX, WHAT YOU NEED TO KNOW

PRESENTED BY MARC MANDEL FROM THE NEEDHAM CABLE CHANNEL

Tuesday, January 6, 2008 • 1:30 pm

At the Needham Senior Center

Please join us to learn what you need to know regarding the Digital Conversion Box for your television. A digital-to-analog converter box is a signal to your existing analog television set. These boxes will cost between \$50 - \$70 and are available for purchase. U.S. households can request up to two coupons valued at \$40 each. Each coupon can go toward the purchase of a single set-top converter box. To obtain an application/request form for the coupons, come to the presentation or contact the Council on Aging Outreach department: at 781-455-7555.

MAH JONG CLASS

At the Needham Senior Center

Interested in learning mah jong? It is a strategic game, and once you have learned the rules, the ability to excel is limitless. After four sessions at the Needham Senior Center, 83 Pickering St., you will know if mah jong is for you. The class, taught by an experienced teacher, is four sessions at a cost of \$16 total, payable at the first session. To register, call 781-455-7555.

TRIP PLANNING MEETING

Tuesday, January 13th
1:15 pm

Snow Date is Wednesday,
January 21st at 1:15 pm

At the Needham Senior Center

Please join us for our annual Trip Planning Meeting. We will have gathered information on as many trips as we can find that fall within a reasonable price range (\$65 or under) and we will make a list for your consideration. When we have chosen approximately 15-20 trips, we will go to work and try to come as close as possible to your choices. We’d like to encourage lots of people to attend this meeting at 1:15 pm in the Yellow Room, so that we can come up with a program that will attract as many passengers as we can.

COMPASS NEWSLETTER LABELING AND COLLATING

Tuesday, January 20th
9:15 am

At the Needham Senior Center

Please join us for a morning of light work and good fun, while we prepare the newsletter for mailing!



COUNCIL
ON AGING

Needham

STEPHEN PALMER
SENIOR CENTER

83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER
DROP-IN HOURS:

9:00 am - 4:00 pm
Monday thru Friday

BOUTIQUE UPDATE

The Friends of the
Needham Elderly would
like to thank you for
donating items to our
annual boutique and
bake sale which brought
in over \$1,600.00.

TAX COUNSELING TO BEGIN IN FEBRUARY, 2009

Sponsored by AARP and the COA

For a confidential appointment with a trained counselor, call the Needham Senior Center at (781) 455-7555. Counselors are trained by the IRS. On the day of your appointment, please bring the following three items with you:

- #1 A copy of your 2008 tax return.
- #2 All income statements received including Social Security.
- #3 Any state or federal tax forms you received in the mail.

LECTURE: LOCAL TAX RELIEF – EXEMPTIONS AND DEFERRALS FROM LOCAL REAL ESTATE TAXES

Wednesday, January 14, 2009 • 1:00 pm

Did you know that you may qualify to receive an exemption from a portion of your local property tax bill? There are a number of options available through the Town of Needham including a tax work off program. To learn more please join us for a presentation by Chip Davis, Director for the Assessor's Department for the Town of Needham.

CHINESE NEW YEAR LUNCHEON

Monday, January 26th • 1:30

At the Needham Senior Center

Tickets must be purchased by Thursday, January 22nd

Cost is \$7.00 per person.

Tickets can be purchased at the Needham Senior Center • Monday-Friday, 9am-4pm

Join us as we celebrate the Chinese New Year, celebrating the year of the Earth OX. The OX is the sign of prosperity through fortitude and hard work. We will offer a buffet of favorite Chinese dishes.

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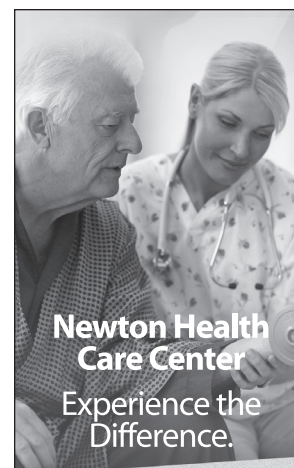
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JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 781-455-7555 • www.needhamma.gov Offsite Locations of Programs #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street #4 Baptist Church • 858 Great Plain Ave. Please Note: Items in bold indicate that sign-up is required.			SENIOR CENTER CLOSED IN OBSERVANCE OF NEW YEAR'S DAY	10:30 Exercise 11:45 Lunch: Roast Turkey Dinner or Seafood Salad Sandwich 12:00 Computer Lessons 1:00 Board Games 1:00 Bridge – Men 1:00 Movie: Charade
9:00 Tai Chi Class 10:00 Walking Club 11:30 Lunch Bunch: Rice Barn 11:45 Lunch: Chicken or Ham and Swiss Sandwich 1:00 Bridge – Men 1:00 Friends of Needham Elderly 1:00 Movie: The Wayward Daughter	9:15 Bridge – Women 10:30 Current Events 11:45 Lunch: Baked Crumb Macaroni and Cheese or Roast Beef and Cheese Sandwich 12:30 Ping Pong 1:00 Bridge – Men 1:30 Lecture: DTV Converter Box 1:30 Cribbage – Women 2:00 Ballroom Dancing #1 2:00 Exercise with Lisa	9:00 Exercise 9:00 Keep Well Clinic 10:00 Hearts Card Game 11:45 Lunch: Hot Dog or Tuna Salad on Lettuce 12:00 Weight Watchers 1:00 Bridge – Men 2:30 Better Balance	9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Salmon Fish or Chef Salad 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1	9:00 Exercise with Pearl 10:30 Exercise 11:45 Lunch: Stuffed Cabbage or Turkey Salad Sandwich 12:00 Computer Lessons 1:00 Board Games 1:00 Bridge – Men 1:00 Movie: Falling in Love
9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Wild Willy's 11:45 Lunch: Crunch Lite Fish or Egg Salad Sandwich 1:00 Bridge – Men 1:00 Movie: Peyton Place	9:00 Spanish Class 9:15 Bridge – Women 10:30 Creative Writing Group 11:45 Lunch: Winter Special: Butternut Soup, Beef Stroganoff, Buttered Noodles, Mixed Vegetables and Boston Cream Pie 12:30 Ping Pong 1:00 Bridge – Men 1:15 Trip Planning Meeting 1:30 Cribbage – Women 2:00 Ballroom Dancing #1 2:00 Exercise with Lisa	9:00 Exercise 10:00 Hearts Card Game 11:45 Lunch: Orange Chicken or Seafood Salad Sandwich 12:00 Weight Watchers 1:00 Bridge – Men 1:30 Lecture: Tax Relief 2:30 Better Balance	9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Turkey Vegetable Casserole or Roast Beef and Cheese Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1	9:00 Exercise with Pearl 10:00 Low Vision 11:45 Lunch: Beef Steak Patty or Chicken Salad Sandwich 12:00 Computer Lessons 1:00 Board Games 1:00 Bridge – Men 1:00 Movie: Princess Ida
SENIOR CENTER CLOSED IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY	9:00 Spanish Class 9:15 Bridge – Women 9:15 Compass Collating 10:30 Current Events 11:45 Lunch: Beef Stew with vegetables or Tuna Salad Sandwich 12:00 Lunch and Learn: There Is a Bridge 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 2:00 Ballroom Dancing #1 2:00 Exercise with Lisa	9:00 Exercise 9:00 Keep Well Clinic 10:00 Hearts Card Game 11:45 Lunch: Crumb Topped Baked Fish or Roast Beef and Cheese Sandwich 12:00 Weight Watchers 1:00 Bridge – Men 1:00 Play Reading 1:15 Trip Planning Snow Date 2:30 Better Balance	9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Chicken Kielbasa or California Chicken Salad 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1	9:00 Exercise with Pearl 10:30 Exercise 11:45 Lunch: Chicken Florentine with Mushrooms or Ham and Cheese Sandwich 12:00 Computer Lessons 1:00 Board Games 1:30 Entertainment Live with Billy Bruso
9-4 Pool Tournament 9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise with Pearl 11:30 Lunch Bunch: Village Fish 11:45 Lunch: Pot Roast or Seafood Salad Over Mixed Greens 1:00 Bridge – Men 1:30 Chinese New Year Luncheon	9:00 Spanish Class 9:15 Bridge – Women 10:30 Creative Writing Group 11:45 Lunch: Pier 17 Fish or Turkey and Cheese Sandwich 12:30 Book Reading Presentation 12:30 Ping Pong 1:00 Bridge – Men 1:30 Cribbage – Women 2:00 Ballroom Dancing #1 2:00 Exercise with Lisa	9-4 Pool Tournament 9:00 Exercise 10:00 Hearts Card Game 11:45 Lunch: American Chop Suey or Egg Salad Sandwich 12:00 Weight Watchers 1:00 Bridge – Men 1:00 Play Reading 2:30 Better Balance	9:30 Piano Lessons 10:00 Knitting 10:00 Whist 11:45 Lunch: Creamy Country Chicken or Roast Beef and Cheese Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Exercise with Lisa #1	9:00 Exercise with Pearl 10:30 Exercise 11:45 Lunch: Vegetable Cheese Quiche or Breaded Chicken Patty Sandwich 12:00 Computer Lessons 1:00 BC Legal 1:00 Board Games 1:00 Bridge – Men 1:00 Movie: Mamma Mia



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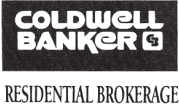
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AND HOSPITALITY MEET**

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Carol deLemos
Vice Chair

Roma Jean Brown

Colleen Schaller

Dan Goldberg

Helen Hicks

Andrea Rae

Derrek Shulman

Nina Silverstein

Mary Elizabeth Weadock

VISIT US ONLINE AT:
www.needhamma.gov

Read this newsletter in your choice of easy-to-read formats.

FRIENDS OF THE NEEDHAM ELDERLY, INC.

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